Below are the three things all athletes must have to try-out. Please check each individual sport page to see what else may be needed such as a try-out criteria or weight room form.

1. VHSL Physical form to be filled out by a doctor. Must be dated AFTER May 1, 2019
2. Emergency Care Card
3. Concussion Education for athletes and parents: Every athlete and one parent must take a short on-line test about concussions (EACH YEAR).

WINTER TRYOUT SCHEDULE

BOYS BASKETBALL- November 11-13 5:30pm-7:30pm
   F/JV in Aux Gym; V in Main Gym

GIRLS BASKETBALL- November 11-13 3:30pm-5:30pm
   F/JV in Aux Gym; V in Main Gym

WRESTLING- November 11-13 3:30pm-6:15pm
   Wrestling Room

SWIM/DIVE- November 11-13 4:45pm-5:45pm
   Lee District (Meet at Door 13 at 4:30 to catch the bus)

INDOOR TRACK- November 11-13 3:30pm-6:00pm
   Stadium Track

GYMNASTICS- November 11-13 times TBA
   West Springfield High School
   Contact Coach Edgell (dianaedgell@gmail.com)

Contact the Coaches for more information